

Week 3 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

November 2, 2025		November 3, 2025		November 4, 2025		November 5, 2025		November 6, 2025		November 7, 2025		November 8, 2025	
Sunday Breakfast		Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast		Saturday Breakfast	
BREAKFAST	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Scrambled Egg Banana Pancakes	Scrambled Eggs Mild Picante Salsa	Scrambled Egg	Oatmeal with Berries Seasoned Hash Browns	Potato Vegetable Skillet Mild Picante Salsa	Total Cereal	Potatoes O'Brien Mild Picante Salsa	Egg & Cheese Biscuit Sandwich	Scrambled Eggs	Cinnamon French Toast Turkey Sausage Link	Scrambled Eggs w/ Cheese	Sweet Potato Hash	Blueberry Muffin Banana
	Turkey Sausage Links	Sauteed Breakfast Potatoes	Applesauce	Diced Peaches	Milk Coffee	Banana Milk Coffee	Total Cereal	Milk Coffee	Milk Coffee	Milk Coffee	Milk, Tea Coffee	Milk, Tea Coffee	Milk, Tea Coffee
	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)
Sunday Lunch		Monday Lunch		Tuesday Lunch		Wednesday Lunch		Thursday Lunch		Friday Lunch		Saturday Lunch	
LUNCH	Baked Ziti w/ Cheese Meat Sauce	Sloppy Joe	Baked Chicken	Lasagna Roll-up w/ Marinara	Braised Beef Spanish Style	Chicken Pot Pie	17 Spice Grill Chicken Honey Mustard Sauce	Sheet Pan Ratatouille	Brown Rice Sauteed Tomatoes with Kale	Sauteed Zucchini and Squash	Maple Mashed Sweet Potatoes	Creamed Spinach	Dinner Roll Fruit Cup
	Fresh Steamed Broccoli Dinner Roll Orange	Garlic Herb Roasted Potatoes	Macaroni and Cheese	Sauteed Zucchini	Red Seedless Grapes	Cookie Mousse	Milk, Tea	Fruit Cup	Sugar Cookie	Milk, Tea	Chocolate Ice Cream	Milk, Tea	Chocolate Ice Cream
	Angel Food Cake w/ Whip Topping Milk, Tea	Diced Pears	Carrot Cake w/ Walnuts	Milk, Tea	Chocolate Chip Cookie	Milk, Tea	Chocolate Chip Cookie	Milk, Tea	Chocolate Chip Cookie	Milk, Tea	Chocolate Chip Cookie	Milk, Tea	Chocolate Chip Cookie
	Alternate Hot Turkey Sandwich Tomato Soup	Alternate Grilled Chicken Caesar Wrap Chicken Rice Soup	Alternate Asian Chicken Salad Minestrone Soup	Alternate Trio Salad (chicken, egg, tuna) Chicken Noodle Soup	Alternate Turkey & Swiss Sandwich Chunky Potato Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Almond Chicken Salad Broccoli Cheddar Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup
Sunday Dinner		Monday Dinner		Tuesday Dinner		Wednesday Dinner		Thursday Dinner		Friday Dinner		Saturday Dinner	
DINNER	Pork Loin	Chicken Tinga Bowl	Beef Stroganoff	Teriyaki Chicken	Roast Turkey Breast	Dijon Herb Crusted Fish	Cheeseburger Lettuce & Tomato	Mashed Potatoes Seasoned Green Beans	Mashed Potatoes Seasoned Green Beans	Lemon Orzo Sauteed Vegetable Medley	Garlic Herb Roasted Potatoes	Carrot Sticks	Fruit Cup Oatmeal Raisin Cookie
	Banana	Red Seedless Grapes	Egg Noodles Fresh Steamed Broccoli Dinner Roll	Brown Fried Rice Carrots with Ginger	Mashed Potatoes Seasoned Green Beans	Sauteed Zucchini and Squash	Maple Mashed Sweet Potatoes	Angel Food Cake w/ Whipped Topping Milk, Tea	Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Red Seedless Grapes Brownies	Creamed Spinach	Creamed Spinach	Creamed Spinach
	Sugar Cookie Milk, Tea	Brownie	Fruit Cup Vanilla Ice Cream Milk, Tea	Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Mandarin Orange Sections	Banana Parfait	Chocolate Ice Cream	Sugar Cookie Milk, Tea	Sugar Cookie Milk, Tea	Red Seedless Grapes Brownies	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream
	Alternate Tuna Salad Sandwich on WW Tomato Soup	Alternate Patty Melt Chicken Rice Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Chef Salad Chunky Potato Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Turkey Wrap Broccoli Cheddar Soup	Alternate Chef Salad Chunky Potato Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup

Name: _____

Room #: _____

Circle Main or Alternate Entree. Please do not write in additional items.
All therapeutic diets will be modified according to diet restrictions and texture requirements.